

Cold Facts on Storing Breastmilk

FRESH MILK

- ◆Milk pumped on the same day can be added together to make enough for a feeding.
- ◆Chill the milk as soon as possible and definitely within 4 hours.
- ◆If the milk will be used within 5 days, keep in the refrigerator. Otherwise freeze it.
- ◆If stored in a cooler with frozen gel packs, use within 24 hours.
- ◆Warm by swirling gently under warm, running water.
- ◆Avoid microwaving, which can cause hot spots and damage the milk.

FROZEN MILK

- ◆Freeze milk in glass or plastic bottles or breastmilk storage bags.
- ◆For a small amount of milk, freeze in an ice cube tray and store cubes in a freezer bag.
- ◆Label and date bottles or bags.
- ◆Add chilled fresh milk to frozen milk to fill a bottle.
- ◆Use within 6 months if stored in a self-defrosting freezer.
- ◆Use within 12 months if stored in a zero degree, standard freezer.
- ◆Defrost by swirling under warm running water.
- ◆Keep thawed milk in the refrigerator and use within 24 hours.

MORE TO KNOW.....

- Wash hands with soap and water before pumping or preparing bottles.
- Store milk in 2 ounce or 4 ounce “single-serve” portions, plus a few extra 1-ounce portions for when baby wants more.
- Don’t over fill the storage container.
- When all the milk isn’t taken at a feeding, discard if not taken within the next 2 hours.

For more information call:



Adapted from the
Arkansas Department of
Health WIC Program.